



LESSON 12: PRAYERS AND SACRIFICES OF ISRAEL

Objective (Learning Outcomes)

By the end of the lesson, students will be able to:

- Understand how the people of Israel prayed, worshipped, and sacrificed.
- Recognize the importance of the Temple, Synagogue, Psalms, and Sabbath.
- Relate the practices of Israel to how Christians worship today in the Church.
- Develop the habit of reverence and active participation in Holy Mass.

Starter

Begin with a short prayer:

“Almighty God, help us to behave reverently in Your house and take part in worship with love.”

Ask:

- “What do you do when you enter the church?”
- “Why do we keep silence and fold our hands in prayer?”

Show a picture of the Temple of Jerusalem or a church altar and ask students to guess what it represents.

This will create curiosity and connect them to the topic.

Presentation (15 minutes)

Use simple storytelling and board illustrations:

a. Prayer of Israel

Israel prayed individually and as a community.

They praised God, asked for blessings, and offered thanks.

b. Temple and Synagogue

Temple of Jerusalem = central place of worship.

Later, Synagogues became gathering places for prayer, reading the Torah, and community life.

c. Psalms

Songs of praise, lament, thanksgiving. (E.g., “The Lord is my Shepherd”).

Explain that Psalms are still sung in Mass today.

d. Sacrifices

Offered to praise, thank, or ask pardon from God.

Not the quantity, but the heart that matters.

e. Sabbath & Jubilee

Sabbath = rest, worship, joy.

Jubilee = reminder that everything belongs to God, importance of sharing and brotherhood.

f. Connection to Christianity

We have churches as our holy places.

We observe Sunday as Sabbath because Jesus rose from the dead.

Holy Mass is our greatest prayer and sacrifice.

Habit Formation

Encourage students to:

Participate in Holy Mass with devotion.

Keep Sunday holy by avoiding unnecessary distractions.

Pray Psalms or short prayers daily at home.

Show reverence in church (silence, prayerful posture, respect).

Activity (10–15 minutes)

Choose one:

a. Group Activity – Prayer Symbols Match

Prepare flashcards: Temple, Synagogue, Psalms, Sacrifice, Sabbath, Jubilee, Church.

Another set with their meanings/pictures.

Students match correctly in groups.

b. Creative Activity – Psalm Poster

Ask students to write/draw a short Psalm of praise (e.g., “Thank you, Lord, for my family/church/friends”) and decorate.

c. Role Play

One group acts as Israelites praying in the Temple.

Another acts as Christians attending Mass.

Discuss similarities and differences.

Bible Verse

Psalm 84:4